

Twin Lakes Family YMCA - Cedar Park, TX

Effective: 9/1/2017

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:15 AM	BODYPUMP Lisa / Studio	YOGA Ashleigh / SMB	RPM 45' (5:30am) Amy / Cycle		BODYPUMP Lisa / Studio		
	8:30 AM	BODYPUMP Carley / Studio YOGA Laura G / SMB	ZUMBA Tracy / Studio CYCLE Marne / Cycle	BODYPUMP Carley / Studio POWER YOGA Sharon / SMB	R.I.P.P.E.D Marne / Studio RPM Amy / Cycle	ZUMBA Tracy / Studio POWER YOGA Sharon / SMB	ATHLETIC TRAINING 45' Marne / Studio	
	9:35 AM	BODYSTEP <i>Athletic</i> Holly / Studio	R.I.P.P.E.D (9:45am) Tracy / Studio	CXWORX Carley / Studio	BODYCOMBAT Amy / Studio INSANITY Carolyn / SMB	POWER STEP Holly / Studio	RPM (9:00am) Chance / Cycle BODYPUMP (9:40am) Carley / Studio	
	10:15 AM			BODYSTEP (10:15am) Holly / Studio				
	10:40 AM	INSANITY Lindsey / Studio HATHA YOGA Sharon A / SMB	BODYFLOW (10:30am) Joel / SMB	CYCLE X (10:15am) Tracy / Cycle	BODYFLOW (10:35am) Joel / SMB	CXWORX 30' Carley / Studio HATHA YOGA Sharon A / SMB CYCLE (10:30am) Marne / Cycle	BODYCOMBAT (10:45am) Michelle / Studio BODYFLOW (10:30am) Joel / SMB	
	11:00 AM			HATHA YOGA (11:10am) Sharon A / SMB		BODYPUMP (11:20am) Carley / Studio		
	AFTERNOON	12:00 PM	TAI CHI (12:05pm) Louis / SMB	Line Dance Beginner (12:15pm) Mary / SMB		Line Dance Intermediate (12:15pm) Joan / SMB	Line Dance Beginner (12:30pm) Joan / SMB	
1:00 PM		ZUMBA GOLD (1:10pm) Cindy / Studio		ZUMBA GOLD (1:10pm) Cindy / Studio				CYCLE (1:15pm) Jana / Cycle First Sunday of the Month BODYPUMP Technique Class 2:00-2:30 Lisa / Studio
2:00 PM		Silver Sneakers Strength Laura G / Studio	Silver Sneakers Cardio Laura G / Studio	Silver Sneakers Strength Mary / Studio	Silver Sneakers Yoga Laura / SMB	Silver Sneakers Strength Mary / Studio		BODYPUMP (2:30) Lisa / Studio
3:00 PM								HATHA YOGA Sharon / SMB
EVENING	3:45 PM	FIT KIDS 45' (fee based) Irais / Cycle			FIT KIDS 45' (fee based) Irais / SMB			
	4:30 PM	BODYPUMP Carley / Studio FAMILY CYCLE (4:45pm) 45' Ben / Cycle	ATHLETIC TRAINING 45' Marne / Studio	R.I.P.P.E.D Tracy / Studio	BODYPUMP Jenn / Studio ZUMBA KIDS Irais / SMB FAMILY CYCLE (4:45pm) 45' Ben / Cycle	<h2>CHILD WATCH HOURS</h2> <p>Monday – Friday: 8:00 a.m. – 1:00 p.m / 3:30 p.m. – 8:00 p.m.</p> <p>Saturday: 8:00 a.m. -3:00 p.m.</p> <p>Sunday: 1:00 p.m. – 4:30 p.m.</p> <p>Our group exercise classes are suitable for all fitness levels. Instructors will show options and modifications to meet your needs.</p>		
	5:15 PM		SMART START BODYSTEP (5:20pm) 30' Carley / Studio					
	5:40 PM	BODYCOMBAT Amy / Studio CYCLE X (5:30pm) Ben / Cycle		BODYPUMP Heather / Studio	BODYCOMBAT (5:45pm) Jessica / Studio			
	6:00 PM		SMART START BODYPUMP (5:55pm) 45' Lisa / Studio POWER YOGA (6:15pm) Sharon / SMB		CYCLE Jana Cycle YOGA (6:30pm) Laura G / SMB			
	6:45 PM	ZUMBA Liz / Studio	CYCLE Ben / Cycle	ZUMBA Brenda / Studio				

Please be aware, some GroupX classes use a strobe light. If you have medical issues that require them to be turned off, please let the instructor know before class.

Please see reverse side for class descriptions.